



# CANadda Newsletter



October 2011

Issue 26

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## Chairperson Mrs Debbie Marshall



If you have been away on your holidays this last week what fantastic weather you have had. It feels like we are in the middle of summer and not in October. I don't ever remember the weather being this hot for this time of year.

I have got a very busy month in October, I am working very hard at the moment finalising everything as we have a new project we need to get set up and running this month. I am also attending the Lincolnshire Autism Rally on behalf of CANadda so I may see you there.



If you missed our last support meeting it was a lovely evening. We had Penny Black who gave us an interesting discussion about the Carers Federation and their Advocate Services. Mike Martin came along too as he wanted to talk about the new group that he has set up for people who have a disability. It is called Lincolnshire Independent Living. [www.lincolnshireindependentliving.co.uk](http://www.lincolnshireindependentliving.co.uk).

I have been doing a lot of fundraising over the last few weeks raising a nice lot of money for CANadda, which has been a lot of fun. Thank you to everyone that has come along and supported CANadda or helped in anyway.

If you would like to help CANadda in future you can help by donating soft cuddly toys, paper back books and any suitable tombola prizes. Thank you.



We have had a lovely day at bowling. I did win with a score of 139, not bad for an amateur. It probably was a lot of luck, it certainly was not skill!

Please don't forget we have Andrew Cox a Therapist & Herbalist, coming to our next support meeting on the 17th of October. He is doing a talk about a Holistic Approach to OCD and ASD. I'm sure you will find it very interesting.

### Fundraising / Social Events

#### For Your Diary

**October**—Chocoholics—Catalogues will be available for you to make an order and buy those special Christmas presents etc. or support us by buying some raffle tickets.



**19th November**—Craft Fayre, Community Centre, Washingborough 11am. CANadda will be there to raise funds.



**21st November**—Party and Social Event.



## Paul Scholes reveals son's autism battle

<http://www.mirror.co.uk/news/top-stories/2011/09/29/paul-scholes-reveals-son-s-autism-battle-115875-23453858/>

## Support Meeting Date

**17th October 2011**— Holistic Approach To OCD & ASD, Andrew Cox a Therapist & Herbalist.

**21st November 2011**— Party £1 per person this includes food and drinks . There will be a raffle, everyone wins a prize.

**19th December 2011**—NO Meeting.  
Lincoln Rd, Washingborough, LN4 1AT

**7pm – 9pm**

Refreshments available at a small charge.

## Dyslexia Awareness Week

**31st October 2011 -  
6th November 2011**

### CANadda's Daily

You may also be interested in The CANadda Daily which has daily information, as per link. <http://paper.li/LincolnCANadda/1315676728>

'Stop and think—  
words can hurt'

## ALL TOGETHER DIFFERENT

### Anti Bullying Week

14<sup>th</sup> – 18<sup>th</sup> November 2011



### LINCOLN 10K

I Debbie Marshall will be running the Lincoln 10K Sunday 25th of March 2012. If anyone would like to join me and help raise money for CANadda please email me. You don't have to run, you can walk it.



# Autism Spectrum Disorder

BBC Health Autism and Aspergers Syndrome  
[http://www.bbc.co.uk/health/physical\\_health/conditions/autism1.shtml](http://www.bbc.co.uk/health/physical_health/conditions/autism1.shtml)

What is Autism? <http://www.autism.org.uk/about-autism/autism-and-asperger-syndrome-an-introduction/what-is-autism.aspx>

**ASD & Depression** <http://zenemu.com/2011/09/as-depression/>

Aspergers & Anxiety <http://zenemu.com/2011/05/aspergers-anxiety/>

## Dyslexia / Dyscalculia

"The Fonz" honoured for dyslexia work <http://www.senmagazine.co.uk/new/380-the-fonz-honoured-for-dyslexia-work.html>

Postnote <http://www.parliament.uk/documents/post/postpn226.pdf>

Dyslexia: A hidden disability <http://dyslexicadvantage.com/video/dyslexia-hidden-disability>

Dyscalculia, Dyslexia and Maths <http://www.bdadyslexia.org.uk/about-dyslexia/schools-colleges-and-universities/dyscalculia.html>

## Dyspraxia / Dysgraphia

What is Dyspraxia [http://www.dyspraxiafoundation.org.uk/services/dys\\_dyspraxia.php](http://www.dyspraxiafoundation.org.uk/services/dys_dyspraxia.php)

Everything for Dysgraphia [http://www.dyslexiaa2z.com/learning\\_difficulties/dysgraphia/dysgraphia.html](http://www.dyslexiaa2z.com/learning_difficulties/dysgraphia/dysgraphia.html)

Dysgraphia—Information for Students <http://www.brainhe.com/students/types/dysgraphiaforstudents.html>

# ADD/ADHD

Ritalin May Delay Puberty in Boys with ADD and ADHD <http://www.emaxhealth.com/8782/ritalin-may-delay-puberty-boys-add-and-adhd>

ADHD Symptoms May Add to Burden of Autism <http://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2011/09/23/adhd-symptoms-may-add-to-burden-of-autism>

## CANadDa Support Meeting

17th October 2011 at 7pm.



Holistic Approach To OCD & ASD  
Andrew Cox a Therapist & Herbalist.



Everyone is welcome.

This is not counselling or any form of therapy.



### Famous Dyslexic Quote

"I felt like an alien. I always felt like I never belonged to any group that I wanted to belong to."

Steven Spielberg  
Director of Movies

Struggled with maths

Dropped out of high school



### Lincolnshire Autism Awareness Rally

2011

Lincolnshire Showground 24th—26th October

Arts & Crafts—Drama—Story time—Sports—Activities

**Campers & Day Passes (All Children FREE)**

**Electric hook ups for all campers, including FREE breakfast bar.**

**Guest Speakers - Information Stands - Stalls**

Info email [ingallynn@yahoo.com](mailto:ingallynn@yahoo.com)—07904 941389



### The 13th Lincoln Autism Conference

Tuesday 15th November 2011



From 9:15am—3pm

At Branston Hall Hotel, Branston, nr Lincoln LN4 1PD

The main Speakers will be:  
Geoff Evans

'Practical Strategies For Reducing Stress & Anxiety'

And

Michael McCreadie

'Sensory and Perceptual Differences in Autism'

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